



Easter Seals descent

Conestoga student goes rappelling for a good cause. Page 3

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Condors soaring

Sports teams are in the thick of things. Pages 15, 16

MONDAY, OCTOBER 6, 2008

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

40TH YEAR - NO. 18

It's amazing what you can do with a bedsheet

By MANDI CARTWRIGHT

Toga! Toga! Toga!

That's what students chanted as they paraded through the Sanctuary on Sept. 25 at the annual Toga Party held by Conestoga Students Inc.

Hundreds of students and guests were attired in bed-sheets. Togas ranged from Ninja Turtle to Smurf bed-sheets, and some even went as far as to wear a Fred Flintstone or Mickey Mouse costume.

There was certainly no lack of creativity at the event.

"It's amazing to see the kinds of things people can do with their bedsheets," said guest John Bonaccorso.

With a DJ pumping up the party, students and guests slid across the beer-covered floor, dancing to the hip-hop beats, and socializing with new and old friends.

"I'm having a blast," said



PHOTO BY MANDI CARTWRIGHT

Conestoga students get in the Roman spirit at the annual Toga Party. From left, Jennifer Fitzgerald, Katie Shortz, Tara Herriot and Andrea Brown. See Page 8 for additional photos.

Mohawk College student, Crystal Bergeron, who was a guest at the event.

Police officers and security were present to ensure that

students and guests were on their best behaviour, although a number of students were escorted out before the event was over.

This year's Toga Party was a smashing success, and there is hope that next year's will be even better.

"It's always been a lot of fun,

so I have no doubt that next year's will be no different," said Heather Barras, a part-time photography student at Conestoga.

Conestoga Baja racing team is recruiting

By SARAH BONGERS

They don't look like snakes, move like snakes or hiss like snakes, but they are named after one.

It's Conestoga's very own Baja (pronounced ba-ha) racing team, called COBRA.

COBRA is an acronym for Conestoga Off-road Baja Racing Association. It is an extracurricular team that is set up by the students at the college to design, build and race an off-road vehicle.

The association is currently recruiting new members to join them for 2008/2009.

Roger Enns is a professor and one of the co-ordinators of the mechanical engineering technician/technology program at Conestoga. He is also one of the faculty members behind COBRA, and says it is "open to any students in any program."

"In many cases students that may be studying anything, in nursing, business or health sciences ... may also have some interest in off-road vehicles," said Enns. "This is a perfect opportunity for them to enhance their hobby activity, at the same time benefit the



PHOTO BY SARAH BONGERS

The Conestoga Off-Road Baja Racing Association had a great season last year. Their off-road vehicle placed 27th out of 122 contestants. Above, Roger Enns, right, and Mike Verwey show off their vehicle.

team by bringing their skills to the table."

For the past four years COBRA has entered their Baja in a worldwide competition sponsored by the Society of Automotive Engineers (SAE). They are up against other universities and colleges from around the world in a variety of events. Over 100 vehicles

from schools in Japan, Brazil, Singapore, Brazil, Mexico, Canada and the United States all come together for the Baja competitions.

At the 2008 events, Conestoga's vehicle was 27th out of the 122 competitors. The college came third out of all the Ontario colleges. In the previous year Conestoga was 47th.

"The team has been doing remarkably well considering we've only been doing this for four competitions. Each year they've done better than the previous years," said Mike Verwey, professor and a co-ordinator of mechanical engineering and the second faculty member behind COBRA.

The Bajas themselves only go between 40 and 50 km/h, relatively slow for a racing vehicle, which is why the competitions test mainly the structure and endurance of the vehicle.

The various tests that the vehicles take part in include hill climbing, manoeuvrability, pulling weight and a four-hour endurance race.

The track for the four-hour race is built like a motocross track, with it being rough, dirty and difficult. The vehicles must master logs, rocks, rough terrain and forests.

"It's a very aggressive race," said Enns. "Generally, far less than half of the entrants actually finish the four-hour race. The other cars are all disabled or destroyed."

During those hours the drivers have to drive around the track making pit stops along

the way to change drivers, refuel or make repairs while putting in as many laps as they can.

"Students have a blast just being there," said Verwey. "It's a real big team environment. If their vehicle breaks down, everyone just sort of pitches in and helps out."

According to Enns, the vehicles take three to four months to put together, mostly during the last few weeks. He said there are a lot of late nights.

The students design the vehicle during the fall semester, then start building the Baja around Christmastime.

This year, the team hopes to attend two Baja events in Wisconsin and Alabama.

According to Verwey, the students who join the team are primarily from the mechanical engineering technology programs such as design and analysis, robotics and automation and automated manufacturing.

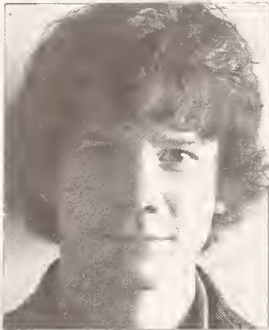
However, they would like to have students with marketing backgrounds to organize fundraisers to raise money for the entire project.

See COBRA, Page 3

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your most memorable
Thanksgiving moment?



"My Grandma's fruit Jell-O salad."

Cole Migvar,
second-year
nursing



"My nephew coming home from the hospital after being born premature."

Sarah Carmichael,
second-year
radio-broadcast



"Eating the pumpkin pie."

Amber Collett,
first-year
public relations



"When you get to eat the turkey dinner."

Kristen Carmichael,
first-year
business management studies



"Turkey took too long to cook so we had to get take-out."

Matt Pezzetta,
second-year
architecture



"Sitting at the dinner table with all my family in Waterloo."

Nick Gascon,
second-year
management studies

Smile Conestoga, you could be our next respondent!

A ride you could die for

By KAITLYN HEARD

"He's got a knife!" screamed a female passenger on a bus travelling through northern Ontario Sept. 24. Thoughts of the July 30 murder aboard a Greyhound bus were still fresh in the minds of many when this second stabbing occurred. According to passengers, the attack took place approximately two hours after police placed the suspect on board. The 20-year-old victim was stabbed in the chest, and was hospitalized with minor injuries.

The first Greyhound incident occurred in July on a bus heading for Winnipeg. A 40-year-old male is accused of killing his male seatmate. The victim was murdered and decapitated on the bus about 20 kilometres west of Portage la Prairie.

In the most recent incident, a 28-year-old man has been arrested and charged with aggravated assault and two counts of breach of probation after the events on the

Greyhound bus. Police placed David Wayne Roberts, of Manitowadge, on the bus Sept. 24 so he could attend a bail hearing in Sault Ste. Marie.

So what happens now? Hundreds of Greyhound buses are criss-crossing the country daily. But are people afraid of riding Greyhound knowing attacks like this could happen again? Sonia Khiani, a 20-year-old University of Waterloo student, who was waiting at the Charles Street Terminal to ride a bus, said she isn't afraid of riding Greyhound. "It's a one-in-a-million chance that someone gets hurt."

Nilesh Lakhiani, a 21-year-old University of Waterloo student, said, "It's fine. It's kind of scary but fine."

What is on everyone's mind is security. What will Greyhound do to keep their passengers safe?

Transport Canada said "Greyhound buses don't pose the highest security risk." In a

CBC News article from Aug. 1 on the CBC website, Greyhound spokeswoman Abby Wambaugh said, "Due to the rural nature of our network, airport-type security is not practical. It's a very different type of system." However, the union that represents Greyhound bus drivers in Canada said they are trying to get metal detectors installed that passengers would have to pass through before boarding.

How can passengers stay safe while travelling to their destination? Avoid sitting at the back of bus. Stay closer to the front in case anything looks suspicious or dangerous. You can then easily report it to the bus driver. Also, try to stay alert and aware of what's around you. If you listen to your iPod, keep the volume lower so you can hear what's going on around you or so you can hear if there are any announcements made. Keep these things in mind and it may help you stay safe.

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Rappelling down a building — legally

By DAVID SMITH

Fridays are synonymous with glory days: the weekend has begun, people get a chance to get off their feet (or on them, bust a groove cool guy) and TGIF. Friday, Sept. 26 was no different. More than 50 individuals gathered at the TD Canada Trust building in downtown Kitchener, rappelling down the side of the 14-storey building in support of Easter Seals.

Amongst the people you might have seen a familiar face, a face seen around the the Doon campus.

Second-year business management student, Arik Mazur, decided he wanted to raise money for Easter Seals Canada, one of the nation's leading charities. Easter Seals is known for its involvement across North America, raising millions of dollars each year to help make a difference in the lives of children as well as adults living with disabilities.

Mazur first read about the event in a newsletter which he received at school. The Drop Zone, put together by Easter

Seals, gives people the opportunity to scale down large buildings in major cities across Canada, raising money for the non-profit organization. The idea sounded too good to pass up so he quickly got in touch with an Easter Seals representative and signed on the dotted line.

"I saw it and it caught my eye right away," said Mazur. "(I thought) that would be awesome, I'd love to be a part of that."

The daylong event included a lesson in rappelling 101 for participants. Using the basic equipment of harnesses and ropes, Mazur made the trip down look effortless. A group of fellow Conestoga College students waited for him at the base of the building, cheering him on.

"When do you ever get the chance to rappel down the side of a building, legally, and for a good cause," said Mazur, smiling.

When people think of rappelling, they usually think of chiseled, topless lumberjacks scaling down the side of a Brontosaurus, eating fire and curing arthritis — well, it's



PHOTO BY MICHAEL MESSNER (WWW.ARTISTIC-PHOTO.COM)

Arik Mazur, a second-year business management student at Conestoga College, rappels down the side of the TD Canada Trust building in downtown Kitchener on Sept. 26 to raise money for children and adults with disabilities.

what I thought of — but the idea never seemed to faze Mazur.

"I had been rappelling once before," he said. "I wasn't too worried."

Mazur said he wanted to per-

sonally be involved in the event and that money raised for the charity would all be "put towards an excellent cause."

With a personal goal of \$2,000, Arik successfully

raised over \$1,300, \$1,000 being donated by Conestoga Students Inc. Altogether, more than \$55,000 was raised for the charity. Now if only Arik could eat fire.

Fishing team casts for new members

BY LIZ KOENIG

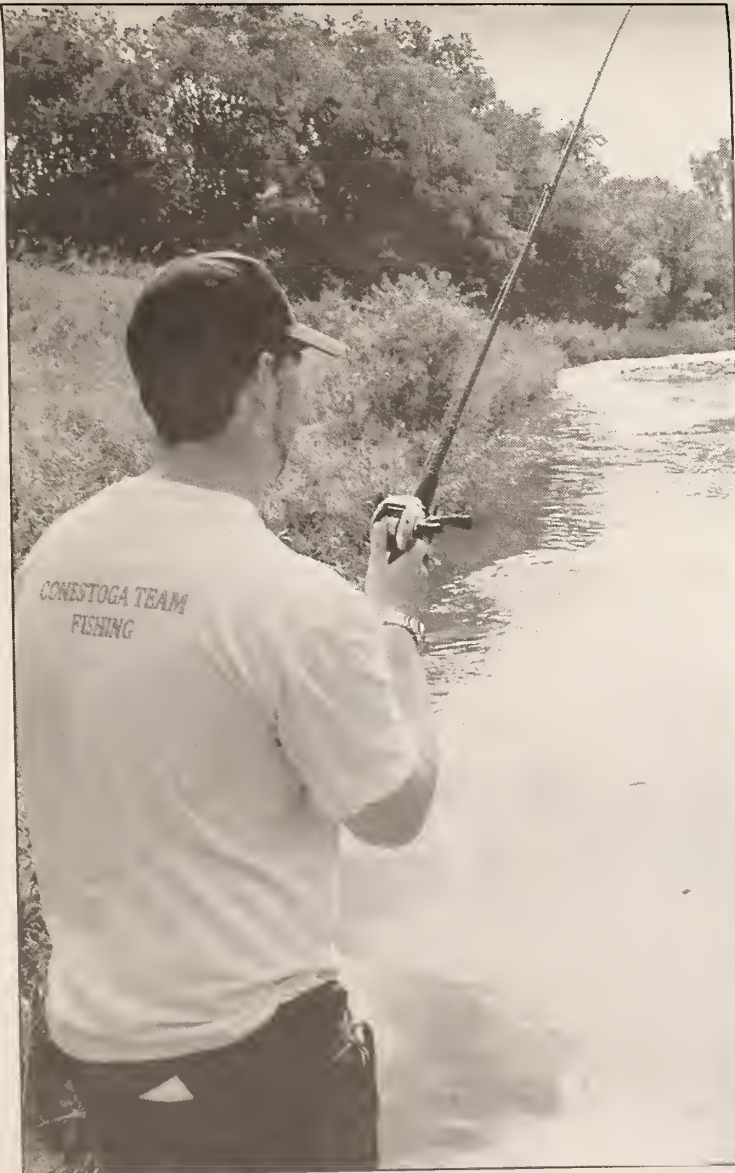


PHOTO BY LIZ KOENIG

Matt Pezzetta, a second-year architecture student, is looking for students to join his fishing team. Pezzetta has no official members but has registered the team name in the Under Armour College Bass National Championship in the United States. Conestoga is the first Canadian school to register.

A new flock of Condors is hoping to fly south and reel in a championship. Second-year bachelor of architecture and project and facility management student, Matt Pezzetta, has taken it upon himself to put together a Conestoga College fishing team.

Pezzetta, who has been fishing competitively for 10 years, decided to mix his passion for fishing with his competitive nature and has registered a school fishing team for the Under Armour College Bass National Championship in the United States. Conestoga is the first Canadian school to register for the competition.

Pezzetta thinks that being a Canadian team gives them an advantage over the U.S. teams that compete annually.

"When you're down in Arkansas and Alabama all the water is the same down there and it's hot. If a cold front comes through we know how to fish in cold weather. If a hot front comes through we know how to fish in hot weather. If it changes in the middle of the day we know how to adapt. That's how we fish up here," Pezzetta said.

The championship, held in Little Rock, Ark., runs over three days. The weight of five fish per day determines who is champion. Because cash prizes can't be awarded to school clubs, recognition is the eventual honour.

Currently the unofficial team consists of eight people. To compete in College Bass you only need four team mem-

bers but to register as an official school club, there must be at least 10 members.

Pezzetta has been eagerly endorsing the team both around school and at competitions. More team members isn't the only thing the Conestoga fishing team needs though.

"There is a large expense behind fishing," Pezzetta said.

Part of the promotion of the team is not only to draw in members but also sponsors to finance the team's equipment and travel accommodation.

Pezzetta is open to anyone who is interested in fishing joining the club. What may happen, based on the responses so far, is that there will be two sections to the team. One would be more like a club that would meet on weekends and fish for fun while the other would act as the competitive team that would compete in the championship on behalf of the school.

Although Pezzetta said he isn't sure how the American teams will react to a Canadian team being in the competition, he is optimistic that the common love of fishing will be enough to connect them.

Conestoga is currently the only Canadian team registered but Pezzetta hopes that, with a little help from friends at York University, that they will have a team in a couple of years.

He is also hopeful that after the Condors have a successful year, more Canadian teams will rise to the challenge and assemble an entirely Canadian league. For further info contact Pezzetta at conestoga_fishing@hotmail.com.

COBRA Volunteers needed

• From Page 1

Enns said COBRA is a "multi-disciplinary project," because there are many parts to play in making it successful.

Some of the many tasks and roles that need to be completed are things like tracking the cost of the project to make sure that it's on budget, writing a cost report, designing the vehicle and writing a design report. Also needed is a fabricator to build the vehicle, drivers and someone to make sure the vehicles meet all the requirements when being built.

Verwey said COBRA gives the students an opportunity to build something and apply the theory that they learned to real-life situations. They can build other skills such as shop skills, scheduling, teamwork, marketing and fundraising.

Not many students have heard of COBRA, even though it's been around for the last few years. Sabrina Kraemer, a student in human service foundations, and Lowanna Kraemer from information technology, had "no idea" what a Baja vehicle or COBRA was.

Only a few students, such as Juan Arredondo from computer programmer analysis, have seen the posters COBRA put up for recruitment purposes.

Steven Mylrea from electrical engineering technology, said he's never heard of COBRA, but after hearing about it he asked, "Where do I sign up?" For more information go to www.conestoga.ca/~minibaja.

Bottled water ban has pros and cons

You hear about it all over the news — plastic water bottles have come out of nowhere to become public enemy No. 1.

After the Region of Waterloo voted unanimously on Sept. 17 to ban the sale of bottled water in city buildings and beyond, it raises the question, should Conestoga and other educational institutions sell bottled water in the cafeterias and dispensing machines?

Guelph's Upper Grand District School Board has led the way by developing a plan to remove the sale of bottled water from all vending machines and cafeterias within the school board by December 2009.

Will the trend continue?

Other Canadian cities are also considering banning the sale of bottled water including Hamilton, Niagara Falls and Vancouver. In August, the City of London eliminated the sale of bottled water.

Banning bottled water sales on campuses is a good idea in principle. However, if implemented it would open up institutions to a lot of criticism, and even potential lawsuits. There is little way of guaranteeing the water dispensing taps and fountains on campuses are safe and bacteria free each and every day.

The problem is you can't go a day without turning on the news and hearing all about the newfound horrors of drinking bottled water. These include the bottles potentially having chemical contaminants associated with cancer and other health risks and the environmentalists laying claim that bottling factories are drying up rivers and deadening water springs.

In addition, plastic bottles are a huge environmental concern since they clog landfills and recycling centres.

So why not ban the sale of bottled water?

One reason not to is the many drinking fountains around campus. Not everyone wants to suck at the cold, metal fountain head, especially when only tiny spurts come out. When people think water safety they forget about the actual fountain itself. It too can be a germ-riddled piece of equipment unless properly maintained.

And, if bottled water were discontinued in the cafeterias, it would just lead to more and more students bringing bottled water from home.

However, the No. 1 consideration has to be the safety of the student body. By not allowing bottled water, there must be a guarantee that the tap water is completely safe.

The region's policy to ban the sale of bottled water in public facilities is a noble one, but it needs to be carefully implemented.

Many other public and private companies and institutions will be watching closely to see how the region fares. Then others may jump on the bandwagon, including colleges and universities. They just shouldn't jump too soon.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

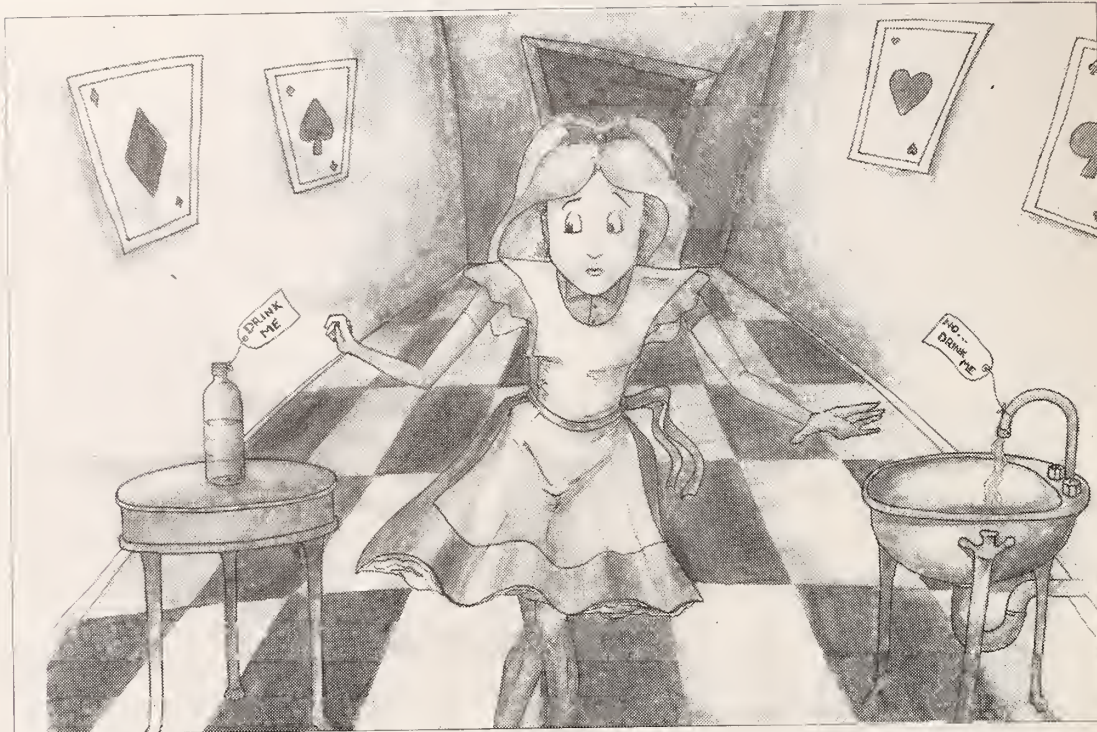
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than 500 words.

Spoke reserves the right to edit any letter for publication.

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Condoning the 'mishap'

Consumers who are buying Maple Leaf products are telling the company it was no big deal

Maple Leaf Foods faces the challenge of winning back the confidence of consumers after 17 lives were claimed since the listeriosis outbreak in late August.

Michael McCain, president and chief executive officer of Maple Leaf Foods, has apologized to those who have been affected by the disease. But, an apology does not relieve the pain felt by numerous families across the country due to the extreme negligence.

Despite the death toll and the number of people who fell ill, consumers will soon forget and resume purchasing Maple Leaf Food products. The thought of this multibillion-dollar company continuing to process and sell products makes me sick. How can a company, whose net worth in 2007 reached \$5.2 billion, convince the general public that their employees will not emit the same disregard for food safety in years to come? The answer is simple for McCain. All he had to do was appear remorseful to reclaim the wallets of Canadian consumers.

I have been a vegetarian for some time now, so the dread of the disease had little personal relevance to me. However, I spent most of my



Christie Lagrotta

Opinion

summer nights at the cottage preaching to my family about the disease as they roasted their hotdogs over the camp fire. I find it interesting how soon people forget; it must be the "it won't happen to me" theory coming into play.

I find it interesting how soon people forget; it must be the "it won't happen to me" theory coming into play.

Of course, in my perfect little world everyone would thrive as a vegetarian, but realistically that will never happen. What should happen is consumers should not purchase Maple Leaf Foods until the company has gone to great lengths to ensure public safety. If people start purchasing the meat now, they

are almost condoning the "mishap" and encouraging the extreme disregard.

What will be difficult will be avoiding purchasing these products, considering Maple Leaf Foods supplies products under a variety of names, including President's Choice and Our Compliments. And I completely understand that Maple Leaf will, at first, pay extra attention to the food inspections and health and safety standards; though it wouldn't surprise me if in the near future their internal regulations fall lax once again.

I recently read an article stating that it is safer to purchase pre-packaged cold cuts as opposed to purchasing your sandwich meats from the deli. Apparently, the reasoning behind this is simple; grocery store delis do not have the same cleaning and inspection regulations as, let's say, a corporate meat processing company. I don't know about you, but this falls under the category of irony for me. If it's not safe to purchase meat from the local deli and clearly not safe to purchase meat from major distributors such as Maple Leaf Foods, what's left? Maybe one day we will all be living in my perfect little world. I know it's doubtful but a girl can dream.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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In a turkey daze

By JAMIE REANSBURY

For many people it is a once-in-a-lifetime occurrence when international turkey day is celebrated twice in a row in Canada. One day is to give thanks for everything right in the world while the other is to vote in a federal election.

"It (the election) was a little bit surprising I suppose," said Drew Becker, a first-year journalism student.

Prime Minister Stephen Harper called an election for Oct. 14, which is just eight days from now and the day after Thanksgiving. Since then political spin doctors for both Harper and his prime competitor, Stéphane Dion, the leader of the Liberal Party of Canada, have been working overtime while the candidates have been campaigning like mad, each promising to improve Canada in ways that the others could not possibly achieve.

Harper has pledged to encourage small business growth and enforce strong economic management, as



PHOTO BY JAMIE REANSBURY

With the election looming, Lauren Ponting, a law and security student, contemplates the many choices.

stated on the Conservative Party of Canada's official website. Dion, on the other hand, is campaigning on a platform of carbon taxes and poverty reduction among children.

The carbon tax that Dion is

proposing is a four-year plan that would include new taxes on emissions, which would rise over time. Tax breaks are also included in the plan.

The more pressing issue for voters, however, is why Canada is having an election

so soon. Years ago when Canada first voted in Harper, he promised to not call an election until 2009.

"That was just a resolution. It's not binding on him," explained Michael Dale, a professor in the School of Liberal Studies at Conestoga. Dale also explained that Canada does not function on fixed election dates, and what Harper did was entirely legal.

Others, however, are more disgruntled over the impending election. Some people, Dale included, view it as Harper's ambitious attempt at a majority Conservative government.

Another question that remains unanswered is why the federal parties believe they can spend taxpayers' money so liberally. Elections are paid through taxes, and at a time of economic deceleration, citizens cannot afford an election.

However, with the election looming and candidates rallying, it is a wonder that voters can keep up with the latest slogans.

Put on a happy face



Patrick Lansbergen
Opinion

It is a beautiful fall day, a perfect time for a walk. An elderly couple is strolling down the sidewalk, staring straight ahead and walking at a brisk pace. A young man is walking towards them in the same fashion. As the three come closer to each other they tense up and begin to stare in different directions. They pass each other by as if not seeing the other at all. What happened to the famed Canadian courtesy and manners?

Those who are accustomed to small town and country life always notice when they are in the city that it is just strange to say hello or even acknowledge the existence of anyone around them. Should they happen to make eye contact, they quickly avert their eyes or smoothly give the appearance of looking past the individual.

When entering a building there is no need to take off a hat or even hold the door open for anyone. It is simply assumed that everyone else is far too busy to extend some common courtesy.

It may be a bit of an assumption but weren't we all taught a little bit about manners and courtesy by parents and teachers. The first excuse is always that you probably don't know the person so it would just seem weird to act familiar with a stranger but how do strangers become friends in the first place?

Now here's a thought, as crazy as it may be. Why not simply smile and nod when crossing paths with another human being? The person you smile at is then more likely to smile at the next person they meet. You could also hold the door open for the person behind you: consider it your good deed for the day. Or take a deep breath and resist the urge to blast your horn because the person in front of you hasn't noticed the advanced left, it's not like you haven't done it yourself.

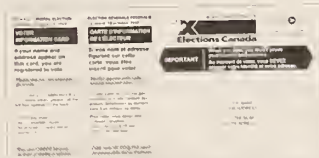
Maybe a decade or so ago Canada was the No. 1 country to live in. Depending on who you ask, it now ranges from sixth to 10th. The mannerisms of Canada's inhabitants may not be the main issue but it is the little things that start the big changes.

It hasn't reached crisis status yet, but we Canadians must improve or we soon won't be looked upon so favourably by the rest of the world.

OCTOBER 2008

			1	2	3	4
5	6	7	8	9	10	11
12	13	X	This Tuesday, vote.			

A federal general election is taking place on October 14, 2008.



For information on where and when to vote, check your voter information card. It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you.

You will find the voting hours for your polling station on your voter information card or at www.elections.ca by clicking on "Voter Information Service".

If you haven't received this card, you are probably not on the voters list. To register, all you need to do is go to your polling station on election day, where you must prove your identity and address.

New identification rules to vote

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit www.elections.ca and click on "Voter Identification at the Polls".

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Food drive aims for 350,000 pounds

By SARAH BOYCHUK

How do you measure a community's care for their neighbours? The Food Bank of Waterloo Region is hoping that the answer comes in pounds – 350,000 of them to be exact.

The organization announced at its annual Fall Food Drive Kick-Off that they have set a goal of filling 25,000 bags with donated food. The Sept. 23 event, held at the food bank at 50 Alpine Ct., Kitchener, was

celebrated by many supporters, including those from 91.5 The Beat, the Kitchener-Waterloo Youth Orchestra and Safe Haven Shelter.

The food bank is asking for volunteers to help meet their goal, which is the most ambitious to date. Ruth Friendship-Keller, manager of community partnerships, is hoping that students become involved in the cause.

"We are really in need of able-bodied volunteers to help pick up and bring the food

being raised in the community at all the food drives to the warehouse," said Friendship-Keller. Students shouldn't worry that their busy lifestyles might prevent them from becoming involved, as "even a couple of hours at a time would be a great help."

Friendship-Keller also suggested that those who have sufficient time and resources could organize a food drive. Those who are interested in supporting the cause can go to www.thefoodbank.ca

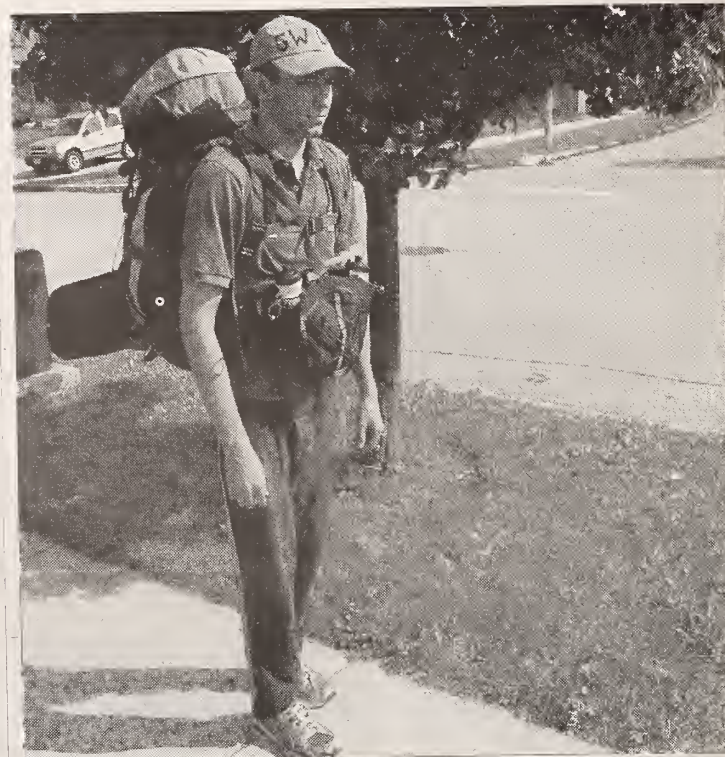


PHOTO BY NEIL McDONALD

Former Conestoga student Shawn Boudreau wears the gear he lugged across Canada this summer, including the fourth pair of shoes he had to buy since his journey began.

Disability services needs more support

By PATRICK LANSBERGEN

Staff agree that disability services at Conestoga could use more support, specifically a bigger budget and more staff.

Disability services exists to assist students with assessing and accommodating their disability, like Braille signs by doors and ramps for wheelchair accessibility.

"I know everyone in those offices would love to sit down and help every student that they possibly can, but they face major limitations," said

Anthony Sicilia, a student at Conestoga.

Sicilia says he is supplied with a scribe, who assists him in taking notes and he is given a quiet space outside of the classroom to do any tests so that he can focus. Elevators are another resource that assists him as it is difficult to walk up and down the stairs.

Anne Moore, manager of student services, admits that the staff members in disability services are kept busy with the needs of approximately 900 registered students with disabilities.

Charlie Matajenec, employment adviser for disability services at Conestoga, said "Our obligation is to remove barriers that hinder Conestoga students and that keeps us very busy."

Last year an awareness day was held to reveal some of the misunderstandings of visible and non-visible disabilities.

"The Life is like a Roller Coaster event was meant to show how people cope and what they are capable of doing," said Matajenec. Due to heavy workloads there are no plans to hold the event this year.

Former student crossing Canada

By NEIL McDONALD

It's the middle of summer. The sun is beating down and the temperatures are soaring. You're walking along the side of the road, open to the elements. You've got an 18-kilogram knapsack on your back and your feet are covered in excruciating blisters. Oh, and you're not sure where you're going to sleep tonight. Sound like fun?

That's how former Conestoga student and Global Warming Opposition Front founder Shawn Boudreau spent his summer this year. Boudreau walked over 2,000 kilometres on the first leg of a cross-Canada marathon to raise money and awareness for his dream of opening an alternative energy, not-for-profit electric company.

The 22-year-old's journey began on Canada Day in Glace Bay, N.S., though the going soon got tough.

"I sprained my knee on my second day," he said in an interview at his Waterloo home. "I mostly hobbled through Nova Scotia and walked through Quebec and New Brunswick."

The knee injury forced Boudreau to abandon plans to make it to the west coast by November. He'll walk the remaining 4,000 kilometres in the spring.

"Hopefully I'll have enough money by the time I get to B.C. to establish a wind farm or a solar farm," said the former design and communications student. "I have ideas for underwater river generators. Hopefully I can get a bed of those set up somewhere and eventually become a nationwide electric company."

Boudreau said reaction has been largely positive, though there have been some odd encounters along the way.

One man stopped him and explained that his son had died while trying to cycle across Canada the year before. "He offered me a place to stay, and he actually brought me to his son's grave and tried to convince me to stop my trip. That was pretty overwhelming."

There were other, lighter, moments as well.

"In Fredericton, I inadvertently sold glow sticks at a gay bar," said Boudreau with a chuckle, recalling one spontaneous money-making scheme.

Boudreau went through four pairs of shoes on the first leg of his trip, including a cheap pair he bought in eastern Ontario that he said "felt like stepping on marble slabs."

And, though his morale dipped briefly while trudging through New Brunswick, he kept in touch with home via cellphone, and received motivation from supporters along the way.

"One family took me in for almost a week and pretty much sponsored me all the way from Montreal to Ottawa," he said.

The upcoming federal election has Boudreau fired up to continue his quest. He has met with members of the Green Party and the NDP, and calls the Liberal Party's Green Shift a "fantastic idea."

"You only have one life, and one planet," he said, "so it only makes sense to put everything into trying to save it."

For further information or to make a donation, visit www.gwof.ca.

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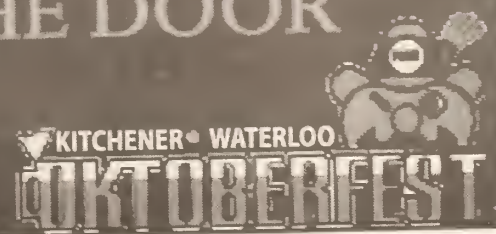
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PHOTOS BY MANDI CARTWRIGHT AND JAMIE REANSBURY

Conestoga College students and their guests show off their creative togas at the Toga Party on Sept. 25. The sold-out event, organized by CSI, attracted a large crowd.



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PHOTO BY CHRISTIE LAGROTTA



PHOTO BY HEATHER MUIR

PICTURE PERFECT FALL DAYS



PHOTO BY LIZ KOENIG

The days are getting shorter and the nights are getting colder. Fall has arrived, and many leaves have already begun to take on their fall form. We will be seeing below seasonal averages in temperature with lows in and around 10 C and highs of 17 C for the first weeks of October.

Above, a fisherman takes advantage of the good weather at Riverside Park in Cambridge.

Top left, Canada geese take flight from Laurelwood Creek in Waterloo.

Bottom left, a rainbow stretches across the sky above Zehrs Imperial in Guelph.

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Career Fair at RIM Park big and busy

By LAURA ROUSE

From Pizza Hut, Wal-Mart and Canadian Tire to specialty engineering companies and regional police forces, every company you can think of – and more – were a part of this year's career fair held at RIM Park in Waterloo, Sept. 24.

There were over 300 booths set up in two large rooms, featuring employers mostly from around southern Ontario.

This career fair is advertised as the largest of its kind in the country, and that's exactly what it was – large. And busy.

However, many of the careers available were geared towards university graduates.

Keith Darbyson, manager of organizational development of Tembec, a paper, pulp and chemical manufacturing company, said they do hire some students right out of college, but more often they hire students graduating from univer-

sity with a degree. Darbyson also said if you are interested in working for Tembec, you better be prepared to move.

"Relocating often is something that students must be open to, as the operations are located across North America," he said.

Tembec employs approximately 8,000 people and provide careers in engineering, accounting, human resource administration and information technology administration.

The company was looking for students with problem-solving skills and initiative.

There were quite a few regional police forces at the fair, including Waterloo, Halton and York.

For all of them, important things to see on a resume were proper education, life experience and plenty of volunteer work.

The York Regional Police

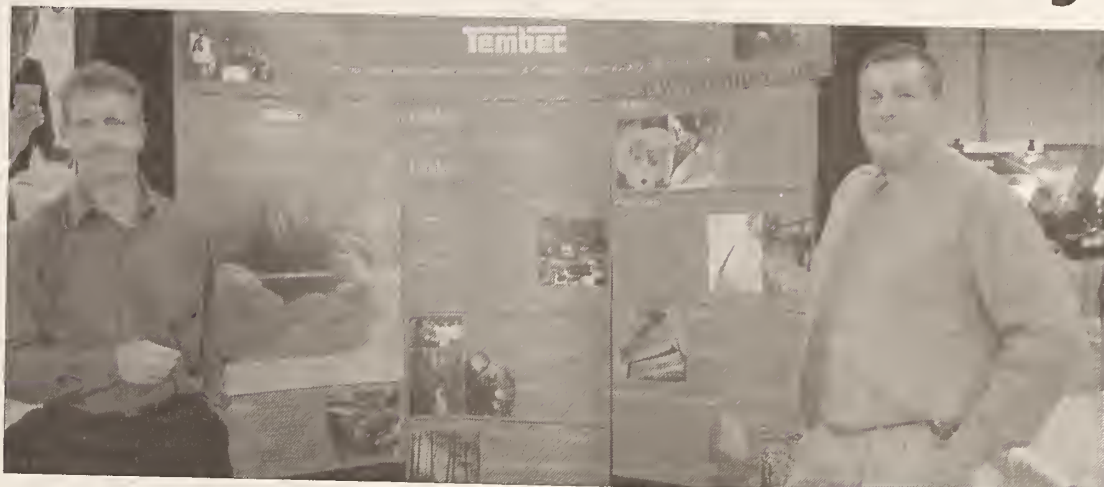


PHOTO BY LAURA ROUSE

Keith Darbyson, left, manager of organizational development at Tembec, a paper, pulp and chemical manufacturer, stands with a co-worker at the RIM Park Career Fair, Sept. 24.

said they do hire a fair number of students right out of college.

Lisa Abanilla, who specializes in consultant recruitment and human resources for Toyota Canada Inc., said the overall presentation of a stu-

dent inquiring about a job is what she generally looks for.

"We have some education requirements and sometimes experience requirements, but mostly we look for personality and overall presentation," she said.

Abanilla also said Toyota hires students out of both college and university, and offers leadership programs to help students develop necessary skills that allow them to stay with the company and have a chance to be promoted.

Conestoga office admin students looking to 'adopt a professor'

By JAMIE REANSBURY

Conestoga College hosted an office admin open house on Sept. 24, where students connected with their futures.

"We're the only college in Ontario that provides our students a practical, hands-on experience where they can apply what they learn in class," said Jim Weare, co-ordinator of office admin for general and executive students.

The open house is a relative-

ly new part of the program and is held as an introduction to the co-op placements that students have to complete.

"We're graded on how much we do and how well we do it," said Amber Hadley, a first-year office admin executive student.

The open house is also held to let the second-year managers, first-year assistants and faculty get to know one another a little better.

"We're all going to be working in combination over the

next two months," said Weare.

The students are also informed about their faculty "employers," who will assign them work while completing their placement.

"We put out a request for professors who are in need of personal assistants," said Weare.

Only about half of the needed professors have answered that request. The program is still holding an adopt-a-prof drive to fill the rest of the vacant placement spots.

New hours and name for the LRC

By DAVID SMITH

Attention readers of Spoke. Today could quite possibly be the most important day of your life.

Pourquoi, mes amis?

Well, if you were thinking about having lunch with a bear or going wakeboarding with someone awesome, you're very close.

For those yet to be informed, the Library Resource Centre at Conestoga College has under-

gone some changes in hours of operation, giving students eight more hours to do whatever it is they do in the library.

The new LRC hours are as follows: Mon.-Thurs. 7:30 a.m. to 9 p.m.; Fri. 7:30 a.m. to 5 p.m.; and Sat.-Sun. noon to 4 p.m.

While on the topic of changes, the facility is no longer called the Learning Resource Centre. Feel free to add the Library Resource Centre to your vernacular – your friends will be jealous.

Four certificate programs allow students to upgrade education

By STACIE RITCHIE

Conestoga is a diverse college, with diploma and degree programs as well as programs for people who are not quite ready for college, but who want to upgrade their education or prepare for employment.

The School of Career and Academic Access at Conestoga offers four certificate programs that cover a variety of improvement skills and career planning and training.

The Academic and Career Entrance (ACE) program is for those who need a Grade 12 equivalent to get into any Ontario College of applied arts and technology, or for apprenticeship training.

The program can take up to 44 weeks and offers courses in math, science, communications, computers and self-management.

Upon completion of the program, students can go on to a

post-secondary program, apprenticeship training or employment.

Academic upgrading is also offered as a certificate program, as part of the employment preparation program.

The program is 8-10 weeks long and covers self-assessment and career planning.

After program completion, students can do more academic upgrading, career exploring and gain more skills in training or employment.

A third certificate program offered is employment and training readiness, which is also part of the employment preparation program.

It is also an 8-10 week program that gives students the chance to assess their strengths and abilities, set goals, research employment and more education opportunities, develop and improve computer literacy skills and develop a training plan.

Focus For Change is the

fourth certificate program offered through the School of Career and Academic Access, and was designed especially for women. It gives women the chance to assess themselves and explore goals and possible careers (see story on page 12).

Dieter Klaus, chair of preparatory programs at Conestoga, said the people who apply to the School of Career and Academic Access are those who need help getting employment or need more academic preparation.

"It's very much a bridge for students who don't take the direct path to post-secondary," said Klaus.

In the 2007-08 school year, the School of Career and Academic Access had 1,120 students in the academic upgrading program.

For more information regarding any of these certificate programs, log on to the Conestoga College website at www.conestogac.on.ca.



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Focusing on change

Wheels or heels?

How do you get to school?

By NEIL McDONALD

One woman came to get her education back on track. Another to make a better life for her son.

There are 14 women enrolled in the Focus For Change program at Conestoga College's Cambridge campus, all of whom have their own reasons for coming back to school. But there is one common goal that unites them all.

"They're looking to make better steps in their lives," said Dianne Murphy, who has been teaching the program for over 15 years.

Focus For Change helps women receiving social assistance develop the skills they need to upgrade their education or re-enter the workforce.



PHOTO BY NEIL McDONALD

Dianne Murphy, left, a teacher at Conestoga's Cambridge campus, looks over the work of Focus For Change student Samantha White. The 15-week program helps women on social assistance develop skills for the workplace.

said, "and yet they have the strength and the courage to walk through the door and say 'OK, I'm going to make a better life.'"

"This is an opportunity for them to take care of themselves and to make better decisions."

Deirdre Piercey, a 27-year-old single mother, said she came to the program to improve herself and the life of her five-and-a-half-year-old son.

"I want to show people that I can actually do it," she said. "I want to do it for my son, to encourage him so he can get a better education as well."

Piercey, who hopes to be a personal support worker, said she was nervous about joining the program, but feels good to be part of a supportive group.

"I got a lot of help from the other girls. That's what encourages me to set foot in front of the door," she said. "that I'm not the only one that's doing this."

Samantha White, 25, said she joined the program because she needed help in figuring out her direction in life.

White, who wants to obtain her high school diploma, said the program has already helped her feel better about herself.

"It's actually increased my confidence level, and it's fun. All of these girls are really fun to talk with and be around. It's just a really high positive energy in there."

The bulletin boards outside the Focus For Change classroom are covered with posters for available courses and career fairs. Graduates of the program can continue upgrading their education, though some go straight into employment.

Murphy said seeing the women move on to college or a fulfilling career is one of the most rewarding parts of her job.

"They move forward in ways that they didn't think possible," she said. "My paycheque is watching these women make it."

By JESSICA O'DONNELL

Every day over 8,000 full-time and part-time students travel from their homes to the Doon campus. Whether by car, foot or bus, they have to get here on time. But how efficient is each mode of transportation and which method is most cost-effective?

Grand River Transit offers students inexpensive and environmentally friendly transportation from various points within Kitchener, Waterloo and Cambridge. For \$189, Conestoga students can purchase a four-month student pass that allows unlimited trips on any GRT bus. Or students can purchase reduced adult tickets at \$1.60 each, which works out to approximately \$16 a week to travel to the college by bus.

"It would cost me more to pay \$5 (for round trip bus fare) everyday, then to buy the bus pass," said Justine Mota, a first-year executive office administration student. "I save around \$60 a semester."

With the unstable prices of gas, drivers can spend upwards of \$40 a week filling the tank, and then there's insurance, maintenance and parking. All this can add up to more than \$300 a month.

"I drive a minivan; it's horrible on gas," said Laura

Purchase, a first-year television broadcast student. "It would be cheaper to take the bus, but then it would take me two hours to get there on three buses."

Some students don't spend anything on their commute to campus. Students who live in residence or very close to campus walk, saving both money and the environment.

"Walking is a manageable way to get to school, but, of course, it'll be harder in the winter," said Dave Brown, a first-year graphic design student. "It is also best for the environment."

Saving our planet one step at a time, Brown estimates it takes him 15 minutes to walk to school, while Justine Mota said she takes one bus to and from school and it is only a 20-minute ride. However, third-year executive office administration student Lisa Young does not have that convenience.

"I live in Cambridge, so the bus has to go all around the city before I get to school," she said. "I have to take three buses. I wish I only had to take one bus to school and it didn't take an hour and a half."

Each mode of transportation has pros and cons. But perhaps the best answer is carpooling, which saves money, helps the environment and is weather-proof.

It's actually increased my confidence level, and it's fun.
— Samantha White

Many women are coming from difficult backgrounds, said Murphy. As a result, personal development and self-esteem building are a big part of the program.

"These women are dealing with a lot of challenges," she



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Winter blues make us SAD

By LOUISE KADDOUR

If shorter days of sunlight have you feeling blue, there may be more to it.

Seasonal Affective Disorder (SAD) affects two to three per cent of Ontarians and is a type of depression that typically lasts throughout the grey winter months but can begin as early as fall.

Keith Martin, a counsellor at Conestoga College, says people with SAD have a lack of energy that is due to the absence of adequate sunlight.

"They experience tiredness that is not associated with anything else in their life."

According to the Canadian Mental Health Association, two to three per cent of Ontarians may have SAD. Another 15 per cent experience a less severe form of the "winter blues."

Symptoms of SAD include low energy, fatigue, changes in appetite, weight gain, irritability, avoidance of social situations and feelings of anxiety and despair.

Research suggests that SAD typically affects people over the age of 20, residents living in northern countries where the days during the winter are shorter and it tends to occur more commonly in women.

"

When winter hits I don't get enough natural vitamin D from the sun which really affects me.

— Dan Dubeau

"

Dan Dubeau, a contemporary studies student at Wilfrid Laurier University, finds taking vitamin D supplements helps him cope with SAD.

"When winter hits, I don't get enough natural vitamin D from the sun which really affects me."

Dubeau, who says SAD begins to affect him at the end of October and lasts until mid-spring, keeps the curtains in his house open as much as possible to draw in the natural sunlight.

Treatments such as light therapy, where a person sits under a fluorescent light box for 30 minutes, can improve symptoms in 60 to 70 per cent of patients.

For more severe cases, antidepressants or counselling may be needed.

If you suspect you have SAD, it is important to outline your symptoms to a physician.

Young women can fight HPV

By LACIE GROFFEN

What is the most common type of sexually transmitted infection in Canada? Here's a hint, its victims are under 30 years old and there are over 100 strands of the virus, each one different from the other. If you guessed HIV you're wrong, the correct answer is Human Papillomavirus, also known as HPV.

HPV is contracted through skin to skin contact, including any sexual contact with any sexual organ; penetration is not needed. The virus is most common in women between the ages of 15 and 29, but men can get HPV as well.

There are a few ways to prevent getting it but the Gardasil vaccination is becoming the most popular.

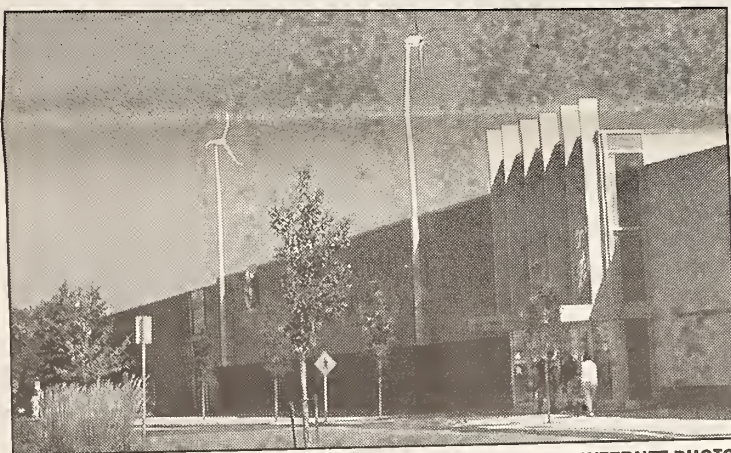
Dr. Janet Warren of Conestoga health services, said, "It's definitely recommended." She said the facts prove how effective it is, like the federal government's decision to give almost 84,000 eighth grade girls the chance to get the shot, on a voluntary basis.

Warren said there are "a zillion" different types of the virus and because there is no way to prevent all of them, Gardasil chose the four most dangerous strains: 6, 11, 16 and 18, to vaccinate against. These are most likely to cause cervical cancer and genital warts.

The shot can cost \$150 a pop and there are three in all. It is not covered by OHIP, but if you chose not to opt out of your student health plan the good news is you are covered for 80 per cent.

There are no defined symptoms of HPV so the only way of knowing you have it is to be tested. Warren urges even those who have been vaccinated to continue with routine physicals and pap tests.

It is yet to be determined if the shot is effective for men, therefore, it remains administered only to women. However, Warren believes that somewhere down the road a pharmaceutical company will come out with a vac-



INTERNET PHOTO

A modern and contemporary new Bay department store at Conestoga Mall in Waterloo boasts two 17-metre wind turbines.

Conestoga Mall upgrade turns earth friendly

By JESSICA O'DONNELL

Conestoga Mall has been in need of some updating for a long time. Not only is the decor outdated, but it was environmentally unfriendly.

Today, Conestoga Mall boasts two 17-metre wind turbines in front of the newly renovated Bay. Officials at the City of Waterloo had rejected the proposal for the turbines to provide The Bay's energy because the city did not have any legislation for alternative energy, a decision that was later overturned.

"This is Waterloo's first 'green' store," says Tom Bowman, regional sales manager. "We hope this becomes a trend in the region."

Bonnie Brooks, president and CEO of The Bay, has said that the new store image is aimed to provide residents (of Waterloo) with an exciting

shopping experience and implement more energy-efficient resources like solar panels, wind turbines and recyclable carpet.

The Bay is also set to launch new lines of MAC and Chanel cosmetics, Mexx, Esprit and Kenzie fashions.

"We've noticed what our customers want and need," says Bowman. "We want to see people come to our store and not go to shop in Toronto or in the States. We hope everyone is happy with what we have done."

The new products are supposed to appeal to the younger shoppers, who have avoided The Bay in recent years.

With a fresh and contemporary renovation, new product lines and the use of environmentally-friendly resources, The Bay is hoping it is a trend-setter for shoppers and shops alike.



PHOTO SUBMITTED BY WENDY ROSE

From left: Mark Rose, Wayne Morris, John Richards, Wendy Rose and Andre Beaudry participated in the alumni-varsity golf tourney Sept. 21 that raised money for athletic scholarships.

Golf tourney raises \$7,000

By KEVIN O'BRIEN

Conestoga's old guard and future grads gathered in New Dundee Sept. 21 to putt for a good cause.

The 4th annual Conestoga College Alumni-Varsity Golf Tournament was a rousing success, bringing in over \$7,000 to help fund varsity athletic scholarships.

Wendy Rose of Conestoga Alumni Services said the event, held at the Dundee Golf and

Country Club, drew 61 players, 20 more than last year.

The day was more than just a financial success, according to Rose. Open to the public, students and alumni, the diverse crowd made for an enjoyable day on the green.

"Having representatives from the alumni, CSI, Conestoga's student residence and friends of the college really created a great feeling of everybody coming together."

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HOROSCOPE

Week of October 6, 2008



Aries

March 21 - April 19

Finish projects and attend to commitments you have made. Aries. You spend your energy in too many ways, leaving things to the last minute. Procrastination will cause you trouble this week.



Libra

September 23 - October 22

Libra is the sign of balance but it doesn't take much to push you off balance. Focus on the positive aspects of your life rather than the negative this week.



Taurus

April 20 - May 20

Not fond of change, you don't like to be rushed into anything unfamiliar. Change this week, however, will bring you success and you may find it worthwhile to stick it out.



Scorpio

October 23 - November 21

You are determined and put everything you have into every task you do. Don't let a negative comment or two keep you from what you love.



Gemini

May 21 - June 21

You think with your mind before your emotions, Gemini. Pushing your point of view on others will not win you any points this week. Rather than skimming the surface, explore your ideas in greater depth.



Sagittarius

November 22 - December 21

A real wild child, you love freedom and independence. If you are feeling restless in your current routine, accept a new challenge and don't limit yourself.



Cancer

June 22 - July 22

You are a sympathetic and patient listener but don't let people take advantage of your kindness. You also need support and encouragement from friends; don't be shy to say so.



Capricorn

December 22 - January 19

Give yourself credit for reaching a goal you have been striving for. Often you continue on your search for better and greater but this will only set you up for failure this week.



Leo

July 23 - August 22

Sometimes your stubbornness turns people off, Leo. If you always take but never give, you may find yourself with no one to support you when you need it most.



Aquarius

January 20 - February 18

You may be upset to find out that someone close to you has been keeping an important secret. Before you end up letting out too much steam, give them a chance to explain it.



Virgo

August 23 - September 22

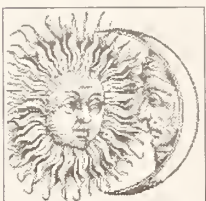
Relax, Virgo. You can't accomplish everything in a single day. Do something to pamper yourself this week before you are exhausted and stretched to the limit.



Pisces

February 19 - March 20

Sentimental Pisces, you are often moved by the sad stories of others. Don't let worry and imagined fear overcome you; you need to keep some distance from other people's problems this week.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

New program has first graduates

BY JAMIE REANSBURY

This past August there was a first for Conestoga College, the first graduates of the ITCT program.

The integrated telecommunication and computer technologies program is a four-year electronic degree program at the college.

"We don't have too many degree programs at this college," said Nancy Nelson, a professor and former co-ordinator of the program.

It is a specialized program that focuses on a blend of engineering and business skills that prepare the students for work-related challenges. It also is a project-based program according to Nelson.

"We don't have mid-terms and exams like most courses," she said. Students in the program find

enjoyment in the learning process. Christian Mitchell, a first-year student, said he finds the program enjoyable and generally fun.

"There are a lot of different aspects of the course that are really appealing," said Mitchell.

When students graduate, they are qualified to work on all sorts of wireless and wire networks, and work on both hardware and software components of Blackberries.

The program can take in 30 students. At this point there are about 15 students for each of the four years. It is the hopes of the professors that the hands-on learning style and multiple co-op placement setting will attract more engineering students to the program.

"We've kind of taken the best of both worlds," said Nelson.

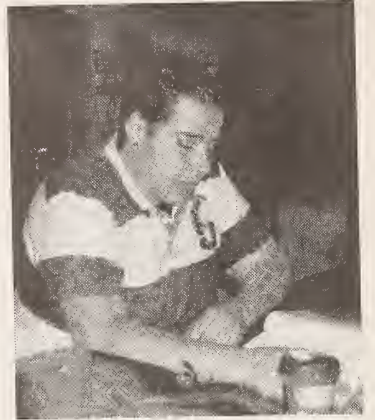


PHOTO BY JAMIE REANSBURY

Christian Mitchell, a first-year student in the integrated telecommunication computer technologies program, finds the material fun and exciting.

ATS Centre is full of surprises

BY BLAIR POLLOCK

Ever wonder what's inside the doors of the ATS Engineering Complex? Some of Conestoga's most interesting learning tools and equipment can be found right in the middle of this hidden jewel at the Doon campus.

Housing programs ranging from engineering degree programs to automation and apprentice programs, there is plenty of action.

Six hundred and fifty electrical apprentices also call it home. "These apprentices are in either part-time (one day per week for 50 weeks) or here for eight- to 10-week long blocks, depending on whether they are in first, second or third level of training," said Greg White, the chair of trades and apprentices for Doon campus. "In addition to the electrical apprentices we also have two classes of machine tool builder integrator apprentices using these facilities."

Degree programs grab attention as students get a taste of the best of both worlds. Most classrooms consist of an area

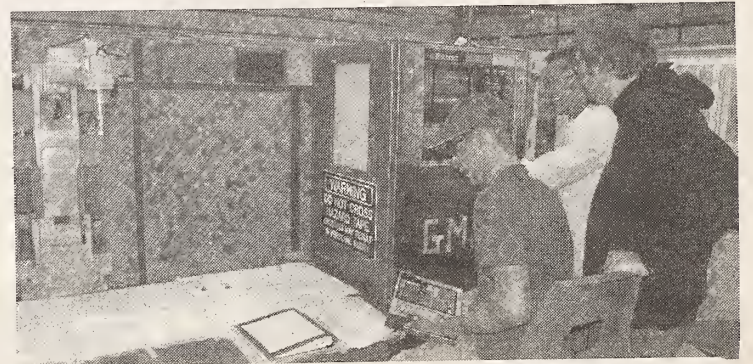


PHOTO BY BLAIR POLLOCK

Second-year robotics and automation students, left to right, Brandon Loyle, TJ Waldie and Jonathan Ung, program a GMF robot that will write anything they program into it with a marker.

with desks in the middle, where pens and paper are the tools of the trade. The perimeter of the room is filled with equipment students will see and use in the working world. "I look forward to getting hands-on experience," said first-year manufacturing student, Ben Larsen. "I haven't had any experience with the equipment that is available to us, so it will be interesting."

For the first time in school history the ATS Centre is offering an industrial electrical techni-

cian program for 28 students. The program is designed to prepare students to enter into an electrical apprenticeship.

Corporate training for companies like Toyota is also done in the building, as is research for companies like Harley Davidson.

The highlight of the ATS Centre is buried at the back. Behind the main building stands a Quonset hut, where students get the opportunity to tackle real home electrical panels.

\$100 in donations provides fuel to pick up 5 trailer loads of corporate food donations to help feed families in Waterloo Region.

Please give generously this year in Conestoga College's annual United Way Campaign.



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Ontario Colleges Athletic Association Standings

Men's Soccer Standings								
Team	Gp	Wins	Losses	Ties	Gf	Ga	+/-	Pts
Central East								
George Brown	6	4	1	1	17	5	12	13
Seneca	7	4	2	1	17	11	6	13
Durham	7	4	3	0	11	9	2	12
Centennial	5	2	3	0	7	8	-1	6
Central West								
Humber	5	5	0	0	16	6	10	15
Sheridan	6	5	1	0	14	5	9	15
Redeemer	6	1	4	1	7	10	-3	4
Mohawk	7	1	5	1	12	26	-14	4
Niagara	6	0	4	2	6	13	-7	2
East								
Algonquin	4	4	0	0	13	0	13	12
Fleming P	5	2	1	2	7	7	0	8
St. Lawrence K	6	2	4	0	9	12	-3	6
Cambrian	7	1	5	1	5	26	-21	4
La Cite	5	0	1	1	4	12	-8	1
West								
Fanshawe	5	4	1	0	12	2	10	12
St. Clair	5	4	1	0	16	10	6	12
CONESTOGA	5	3	2	0	6	6	0	9
Lambton	5	0	5	0	3	14	-11	0
Conestoga Condor's team statistics								
Player	GP	G	YC	RC	GPG			
Craig Chester	4	2	0	0	0.50			
Tonderai Gumbo	4	1	0	0	0.25			
Nathan Drury	4	1	1	0	0.25			
James MacLean	4	1	0	0	0.25			
Shane Ditchfield	4	0	1	0	0.00			
Joe Ashkarian	4	0	0	0	0.00			
Nick Preiskshas	3	0	0	0	0.00			
Zeljko Pavic	4	0	0	0	0.00			
Jeremy Legg	3	0	0	0	0.00			
Manny Jimenez	2	0	0	0	0.00			
Luca Mazzucco	2	0	1	0	0.00			
Dario Perja	3	0	0	0	0.00			
Borris Zeljkovic	3	0	0	0	0.00			
Fernando Castillo	3	0	0	0	0.00			
Devon Ellis	4	0	1	0	0.00			
Martin Mielnik	3	0	0	0	0.00			
Mohammad Yousufi	2	0	0	0	0.00			
Brandon Manicom	2	0	0	0	0.00			
Stanko Pavic	3	0	1	0	0.00			
Ben Frey	4	0	0	0	0.00			
Mike Werchola	4	0	0	0	0.00			
Jeremy Norris	3	0	0	0	0.00			

Women's Fastball Standings							
Team	Gp	Wins	Losses	Gf	Ga	+/-	Pts
OCAA							
Durham	5	5	0	43	17	26	10
St. Clair	3	3	0	35	20	15	6
Mohawk	5	2	3	19	26	-7	4
CONESTOGA	8	2	6	33	59	-26	4
Seneca	3	1	2	22	30	-8	2
Conestoga Condor's team statistics							
Player	GP	AB	H	R	AVG	RBI	
Suzane Hall	6	10	5	3	0.500	1	
Shelagh Rouse	6	18	8	2	0.444	5	
Kassandra Macandless	5	9	3	0	0.333	1	
Sandra McFadden	6	20	6	3	0.300	3	
Laura Kindler	6	15	4	1	0.267	4	
Jennifer Meyer	5	18	4	2	0.222	1	
Pamela Patterson	5	11	2	2	0.182	0	
Melissa Shewman	5	11	2	1	0.182	0	
Brittany Snider	6	12	2	3	0.167	0	
Caitlin Gaiser	5	8	1	1	0.125	3	
Christine Coon	6	11	1	1	0.091	1	
Theresa Al	5	12	1	1	0.083	1	
Gillian Elliott	5	6	0	0	0.000	0	

IN BRIEF

Men's soccer team pulls into second

After narrowly losing to Humber College (Toronto) 1-0 on Sept. 23 and just beating Niagara College 1-0 on Sept. 27, the Conestoga men's soccer team collectively flexed their muscle. On Sept. 30, the Condors trounced Mohawk College 5-2 at Hamilton's Mohawk Sports Park.

Scoring for the Condors were Jeremy Norris, Craig Chester, James MacLean, Nate Drury and Tonderai Gumbo.

Conestoga now sits in a tie for second place in the west division with St. Clair College (Windsor) at 12 points. The team now has a realistic chance at grabbing top spot in the division if they can pull out a couple of wins in their next few games according to head coach Geoff Johnstone. However, the coach's philosophy as always is still to take it one game at a time.

The team wraps up the regular season Oct. 15 at home against Fanshawe College.

Fastball team wins squeaker

Conestoga's women's fastball team edged Mohawk College 4-3 on Sept. 29, at Hamilton's Mohawk Sports Park. Outfielder Melissa Shewman carried the offence for the Condors, going two-for-three with one RBI and also scored once.

Pitcher Suzane Hall (1-5) walked eight batters over seven innings, allowing eight hits and two earned runs. However, Hall still managed to pick up her first win of the season.

Conestoga has now won two of its past three games after starting the season with a dismal one and five record and the momentum has rubbed off on the team. Assistant coach Rick Proud explained the team's feelings after the game saying, "We're pretty high right now."

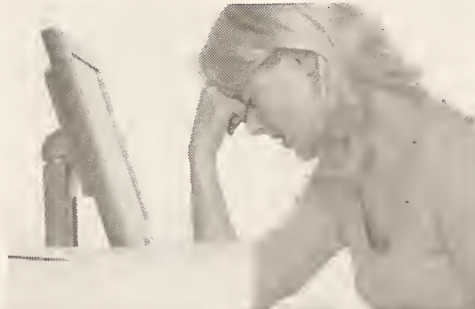
Up next is a crucial home game Oct. 7, against an unbeaten Durham College (5-0) squad. The women then wind down the regular season with a double-header against Durham College in Oshawa, on Oct. 9.



PHOTO BY ADAM RUSSELL

Conestoga Condors' goaltender, Shane Ditchfield, kicks the ball away after making a save against Humber College, Sept. 23. The Condors lost the tightly-contested match 1-0.

PERFORMANCE ANXIETY GROUP



Is this you?

- ☹ Why can't I perform well on my placement or on presentations, when I know my stuff?
- ☹ Why bother trying? I'm going to fail anyway.
- ☹ I'm a failure unless my work is perfect.
- ☹ I'm afraid of making mistakes, being embarrassed and the disapproval of others.

Learn how to change your self-defeating thoughts.

To register bring a copy of your timetable to
COUNSELLING SERVICES, 1A101 by Fri., Oct 10th
The group will begin the week of Oct 20th
& will run for 4 weeks (most convenient time to be determined by student schedules student will be contacted).



The Conestoga Condors men's soccer team hit a bump in the road with a 1-0 loss to Humber College, Sept. 23 at Conestoga College.
Left: Joe Ashkarian makes a slide tackle. Right: James MacLean attempts a corner kick.



PHOTOS BY ADAM RUSSELL

Ontario Colleges Athletic Association Standings

Men's Rugby Standings

	Gp	Wins	Losses	Ties	Points	Gf	Ga	+/-	Pts
Division 2									
St. Lawrence K	2	2	0	0	2	79	12	67	10
Loyalist	1	1	0	0	1	38	5	33	5
George Brown	1	0	1	0	0	12	27	-15	0
Fleming (Lindsay)	2	0	2	0	0	5	90	-85	0
East									
Fleming (Peterborough)	3	2	1	0	2	76	63	13	10
Seneca	2	1	1	0	0	34	53	-19	4
Georgian	3	0	3	0	1	43	95	-52	1
West									
Mohawk	2	2	0	0	0	63	20	43	8
Humber	2	1	1	0	2	42	26	16	6
CONESTOGA	2	1	1	0	1	39	40	-1	5

Conestoga Condor's team statistics

	GP	PTS	TRIES	CONV	PENG
Matt Jolie	2	17	1	3	2
Larry Stuart	2	5	1	0	0
Kyle O'Neil	2	5	1	0	0
Rob Bourcier	2	5	1	0	0
Josh Kirk	2	5	1	0	0
Jesse Hambly	2	2	0	1	0
Andrew Harris	2	0	0	0	0
Tim Reitzel	2	0	0	0	0
Ed Strelau	2	0	0	0	0
Brent Cherry	1	0	0	0	0
Luke Dampf	1	0	0	0	0
Chad Richardson	1	0	0	0	0
Jake Vandyk	2	0	0	0	0
Terry de Jong	1	0	0	0	0
Rob Scott	1	0	0	0	0
Aaron Erwin	2	0	0	0	0
Brandon Best	2	0	0	0	0
Omar Mohammed	1	0	0	0	0
Bryan Vorstenbosch	2	0	0	0	0
Craig Young	2	0	0	0	0
Matt Douglas	2	0	0	0	0
Cory Schurr	2	0	0	0	0
Christopher (Brittain) Denison	2	0	0	0	0

Women's Soccer Standings

Team	Gp	Wins	Losses	Ties	Gf	Ga	+/-	Pts
Central East								
Durham	7	5	0	2	31	4	27	17
Seneca	7	5	1	1	27	3	24	16
Centennial	6	2	4	0	7	20	-13	6
Loyalist	7	0	7	0	1	23	-22	0
Central West								
Humber	4	4	0	0	12	1	11	12
Redeemer	5	3	2	0	4	7	-3	9
Mohawk	6	2	3	1	8	12	-4	7
Sheridan	6	0	5	1	4	15	-11	1
East								
Cambrian	7	4	3	0	14	15	-1	12
Algonquin	4	3	0	1	13	3	10	10
St. Lawrence K	7	3	3	1	6	13	-7	10
Fleming (Peterborough)	5	2	2	1	9	10	-1	7
La Cite	6	1	5	0	2	19	-17	3
West								
Fanshawe	4	3	1	0	10	1	9	9
CONESTOGA	4	3	1	0	4	2	2	9
Lambton	5	2	3	0	6	7	-1	6
St. Clair	4	1	3	0	3	6	-3	3

Conestoga Condor's team statistics

Player	GP	G	YC	RC	GPG
Jessica Lee	4	2	0	0	0.50
Carmen Carnochan	4	2	1	0	0.50
Samantha Sokoloskie	4	0	0	0	0.00
Claire Jackson	3	0	0	0	0.00
Natasha Blais	4	0	0	0	0.00
Ashley Conceicao	4	0	0	0	0.00
Racheal Roefs	1	0	0	0	0.00
Kait Woods	4	0	0	0	0.00
Ashley Thompson	4	0	0	0	0.00
Danielle Elzinga	3	0	0	0	0.00
Anita Verberk	4	0	0	0	0.00
Cassandra Carr	4	0	0	0	0.00
Sarah Kennedy	3	0	0	0	0.00
Jocelyn Lodder	3	0	0	0	0.00
Kerri Lantz	4	0	0	0	0.00
Carmen Sonnenburg	4	0	0	0	0.00
Sheena Gaweil	2	0	0	0	0.00

IN BRIEF

Men's rugby team rights the ship

After what head coach Jeff Desruisseau called an absolutely terrible performance against Humber College on Sept. 24, the men's varsity team turned it around and beat Peterborough's Fleming College 36-24 on Sept. 30 at Rogers field in Riverside Park in Cambridge.

The win moved Conestoga (2-1) into a first place tie with Mohawk College (2-0) of Hamilton with nine points in the west division. The team has two home games remaining - Oct. 8 against Seneca College (Toronto) and Oct. 15 against Humber College (Toronto). The regular season for the Condors finishes Oct. 21 at Mohawk College in Hamilton.

Women's soccer back in win column

The Condors beat up Mohawk College 4-1 Sept. 30 at Hamilton's Mohawk Sports Park. Jessica Lee had two goals for the Condors while Jocelyn Lodder and Carmen Carnochan each added one goal.

The women now sit in second place in the west division with a 4-1 record, giving them 12 points.

They trail Fanshawe College by only one point and have one game in hand. The women finish the season with a home game Oct. 14 against Fanshawe College and then Oct. 15 against St. Clair College in Windsor.

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